

Crazy Gratitude: UNthankful

Scripture used: [2 Samuel 6:14-22](#) ; [1 Thessalonians 5:16-18](#)

OVERVIEW

This new series, *Crazy Gratitude*, challenges us to cultivate gratitude that looks “out of place”—the kind of gratitude that defies circumstances. Paul commands believers to “rejoice always” and “give thanks in all circumstances,” and he writes this from a prison cell. That is crazy faith and crazy gratitude—an active, living faith anchored not in circumstances but in a living God.

Gratitude means “the state of being grateful for grace”—specifically, God’s grace. Grace is receiving what we do not deserve, which is why the first words of each day should be, “Thank you, Lord.” Unthankfulness is living as if life is not a gift—a posture that forgets God’s goodness and becomes overconfident in our own security. God equips us with tools to cultivate gratitude: faith that sees beyond what is visible, gratitude that shapes our perspective, and “the dance”—our outward worship that expresses an inward confidence in God’s goodness.

KEY POINTS

1. Gratitude: Being Grateful for God’s Grace

Gratitude is the state of being grateful for grace—specifically, the grace of God. Grace is receiving a gift we do not deserve, and because of this, our first response each day should be, “Thank you, Lord,” before we reach for anything else.

2. Unthankful: Living as if Life Is Not a Gift

Unthankfulness is a posture that forgets God’s goodness and loses sight of His grace. It happens when we grow comfortable, self-reliant, and assume our jobs, money, or stability are our security. The opposite of gratitude is being unthankful—forgetting to simply say “thank you.”

3. God Gives Us Tools to Cultivate Gratitude

God equips us with spiritual tools that help us live with grateful, faith-filled hearts:

- **Faith:** The ability to believe there is more happening than what we can see.
- **Gratitude:** A spiritual posture that can literally protect and preserve your life.
- **The Dance:** Worship expressed in all circumstances. The dance is the outward expression of an inward reality—“My God is a good God”—a step of faith and a step of hope that reflects internal gratitude.

4. Remember and Celebrate God’s Goodness

- **Scripture:** [2 Samuel 6:14-22](#)
- **Key points:**
 - When entering worship, **leave your titles, roles, and pride behind**. You come into God’s presence empty-handed and fully surrendered.
 - Worship is about recognizing God, not ourselves.

5. Recognize God’s Goodness Even in Seasons of Pain

- David's wife **observes rather than participates**; she focuses on the circumstances instead of celebrating God's goodness.
- Stop staring at your circumstances—look at God.
- Gratitude is a choice, even when life is hard.

DISCUSSION

- 1) **HEAR** - Which of God's tools—faith, gratitude, or the “dance”—do you most need to embrace in this season?
- 2) **UNDERSTAND** - How does gratitude deepen our understanding of God's sovereignty and goodness in seasons of both celebration and suffering?
- 3) **DO** - When you find yourself **criticizing, complaining, or comparing**, pause and speak out loud one thing you are grateful for.

Begin a **30-day gratitude journal**:

- Write **three things** you are grateful for each day.
- Write **one thing** you are looking forward to.